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DECODABLE BOOK 14



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Short Vowel /e/ ea



Get Ready, Get Fit, Go!

by Marie Muir

illustrated by
Janell Genovese





This big race is ready to start. Take a deep breath. Ready, set, go!

You can run races when you feel healthy and fit. Train your body to be ready. Here are things you can do.

Start your day with a slice of healthy, whole grain bread. Whole grains give your body what it needs to run at a fast and steady pace.





Stretch and take deep breaths when getting ready to run. Reach your arms over your head and bend side to side. Then place one leg in back and bend gently. Do this with both legs.

Start running at a slow, steady pace.
Keep that head up. Your feet may feel heavy
at first, so tread lightly. Take a little rest
when you need to catch your breath.





Always drink water when you run.
You need to replace water you lose
when you sweat. Sweating is healthy.
Your body is meant to sweat when
you run hard and fast.

A fit and healthy body is like
money saved. Your health grows
day by day as you run and train.
When it is time to race, your healthy
body will be ready. You will not feel
heavy. You will not get out of breath.





Get ready, get fit, go! Show
how a trained and healthy body
can race and win!



Monkey and the Wealthy Cat

by Carlynn Trout

illustrated by Janee Trasler



Monkey owns a mending shop. He fixes ripped clothes with his needle and thread. One day a wealthy cat ran into his shop.

Cat was sweating and out of breath. Her heavy coat was ripped. The hat on her head had a hole in it.

“May I help you?” asked Monkey in a pleasant way.





“Fix my coat and hat!” said Cat.
“I have much wealth and will pay
you well!”

“I meant to fix this shirt first,”
said Monkey. “Leave your coat and
hat. They will be ready in a day.”

“I need them now!” cried Cat. “A
wealthy cat must look nice!”

Monkey got his needle and thread.
Then he handed them to Cat. "I will show
you how to mend," said Monkey.
Cat scratched her head.





Monkey showed the wealthy cat how to thread the needle with a steady hand. Then he showed her how to mend the hat and heavy coat with thread.

Cat sweated as she pulled the thread.
At last, she was finished. "Mending is
hard," she said with pride. "But I did it!"





When Cat was ready to go, she gave money to Monkey.

"Take back this money," said Monkey.
"You did the job instead of me."

"You showed me how to mend," said Cat. "That is better than money."

Get Ready, Get Fit, Go!

Word Count: 226

High-Frequency Words

always
are
by
do
give
here
how
lose
of
one
out
to
water
what
you
your

Decodable Words*

a	get
and	getting
arms	go
as	grain
at	grains
back	grows
be	hard
bend	head
big	health
body	healthy
both	heavy
bread	in
breath	is
breaths	it
can	keep
catch	leg
day	legs
deep	lightly
drink	like
fast	little
feel	may
feet	meant
first	money
fit	need
gently	needs

**Boldface words indicate sound-spelling introduced in this story.*

(continued)

Decodable Words*

not	that
over	then
pace	things
place	this
race	time
races	train
reach	trained
ready	tread
replace	up
rest	when
run	whole
running	will
saved	win
set	with
show	
side	
slice	
slow	
so	
start	
steady	
stretch	
sweat	
sweating	
take	

**Boldface words indicate sound-spelling introduced in this story.*

Monkey and the Wealthy Cat

Word Count: 227

High-Frequency Words

clothes
have
how
into
look
my
now
of
one
out
pulled
said
they
to
was
you
your

Decodable Words*

a	hard
and	hat
as	he
asked	head
at	heavy
back	help
be	her
better	his
breath	hole
but	I
cat	in
coat	instead
cried	is
day	it
did	job
finished	last
first	leave
fix	may
fixes	me
gave	meant
go	mend
got	mending
had	money
hand	monkey
handed	much

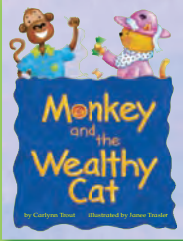
**Boldface words indicate sound-spelling introduced in this story.*

(continued)

Decodable Words*

must	them
need	then
needle	this
nice	thread
on	way
owns	wealth
pay	wealthy
pleasant	well
pride	when
ran	will
ready	with
ripped	
scratched	
she	
shirt	
shop	
show	
showed	
steady	
sweated	
sweating	
take	
than	
that	
the	

**Boldface words indicate sound-spelling introduced in this story.*



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